



APA Cheat Sheet!

All information taken from *Publication manual of the American Psychological Association*, 6th ed. available at the Reference Desk (BF76.7 P83 2010).

Citing Books:

Printed book:

Author, A. A. (year). *Title of book*. Location: Publisher.

Robinson, D. N. (1992). *Social discourse and moral judgment*. San Diego, CA:
Academic Press.

E-Books:

Author, A. A. (year). *Title of book*. Retrieved from URL (or doi number)

Shotton, M. A. (1989). *Computer addiction? A study of computer dependency*. Retrieved from
<http://www.ebookstore.tandf.co.uk/html/index.asp>

Schiraldi, G. R. (2001). *The post-traumatic stress disorder sourcebook: A guide to healing, recovery, and growth*. doi: 10.1036/0071393722

Book Chapter:

Author, A. A. (year). Chapter title. In author, *Book Title* (pp.xx-xx). Location: Publisher.

O'Neil, J. M., & Egan, J. (1992). Men's and women's gender role journeys: Metaphor for healing, transition, and transformation. In B.R. Wainrib (Ed.), *Gender issues across the life cycle* (pp. 107-123). New York, NY: Springer.

Citing Print Journal/Magazine/Newspaper Articles:

Article from a journal that uses continuous pagination (each issue starts on the page where the last stopped):

Author, A. A. (year). Title of article. *Title of Journal*, vol #, pp-pp.

Kernis, M. H. (1993). There's more to self-esteem than whether it is high or low: The importance of stability of self-esteem. *Journal of Personality and Social Psychology*, 65, 1190-1204.

Article from a journal that does not use continuous pagination (each issue starts on page 1):

Author, A. A. (year). Title of article. *Title of Journal*, vol # (issue #), pp-pp.

Klimoski, R., & Palmer, S. (1993). The ADA and the hiring process in organizations. *Consulting Psychology Journal: Practice and Research*, 45(2), 10-36.

Magazine article:

Author, A. A. (year, month). Title of article. *Title of Magazine*, vol #(issue#), pp-pp.

Chamberlin, J., Novotney, A., Packard, E., & Price, M. (2008, May). Enhancing worker well-being: Occupational health psychologists convene to share their research on work, stress, and health. *Monitor on Psychology*, 39(5), 26-29.

Newspaper article:

Author, A. A. (year, month day). Title of article. *Title of Newspaper*, pp-pp.

Schwartz, J. (1993, September 30). Obesity affects economic, social status. *The Washington Post*, pp. A1, A4.

Citing Electronic Journals/Magazines/Newspaper Articles:

Before you cite an electronic article you need to know if the electronic article has a DOI (digital object identifier).

If the article does have a DOI follow the examples for citing a print source and add the doi information at the end of the citation.

Herbst-Damm, K. L., & Kulik, J. A. (2005). Volunteer support, marital status, and the survival times of terminally ill patients. *Health Psychology*, 24, 225-229. doi:10.1037/0278-6133.24.2.225

Stultz, J. (2006). Integrating exposure therapy and analytic therapy in trauma treatment. *American Journal of Orthopsychiatry*, 76, 482-488. doi: 10.1037/0002-9432.76.4.482

If the article does not have a DOI give the URL of the journal/magazine/newspaper homepage. (You may need to do a web search to find this information).

Clay, R. (2008, June). Science vs. ideology: Psychologists fight back about the misuse of research. *Monitor on Psychology*, 39(6). Retrieved from <https://www.apa.org/monitor>

Hager, M. H. (2007). Therapeutic diet order writing: Current issues and considerations. *Topics in Clinical Nutrition*, 22(1), 28-36. Retrieved from <http://www.topicsinclinicalnutrition.com>

Internet Sources:

Web Page:

Author, A. A. (date of last update). *Site title*. Retrieved from URL

U.S. General Accounting Office. (1997, February). *Telemedicine: Federal strategy is needed to guide investments*. Retrieved from

http://www.access.gpo.gov/su_docs/aces/aces160.shtml?/gao/index.html

Podcast:

Author/Producer, A. A. (year, Month date). *Podcast title*. [Audio podcast]. Retrieved from URL

Van Nuys, D. (Producer). (2007, December 19). *Shrink rap radio* [Audio podcast]. Retrieved from

<https://www.shrinkrapradio.com/>

Youtube video:

Author, A. A. (year, Month day). Title [Video file]. Retrieved from url

Norton, R. (2006, November 4). How to train a cat to operate a light switch [Video

file]. Retrieved from <https://www.youtube.com/watch?v=Vja83KLQXZs>

In text citation

APA style uses the author and date when citing sources in the text. If you include the author's name in the narrative you only need to include the year in parentheses. If you don't include the author's name in the narrative then you put it and the year in parentheses. There is a wonderful chart on page 177 of the manual that helps to explain the rules.

Ex. Walker (2000) compared reaction times.....

Ex. In a recent study of reaction times (Walker, 2000)

One work by multiple authors:

If your article, book or web site has 1 or 2 authors you must always use both of them in your in text citations.

Ex. as has been shown (Joreskog & Sorbom, 1989)

If your work has 3, 4, or 5 authors you must cite all the authors for the first in text citation. If you cite that work again you only list the first author and et al.

Ex. this was found to be true (Wasserstein, Zappulla, Rosen, Gerstman, & Rock, 1994)

Ex. The testing was concluded in 1985 (Wasserstein et al., 1994)

If your work has 6 or more authors you must cite the first author and then and et al.

Ex. Davis et al. (1999) found that...

Ex. According to the study (Davis et al., 1999)

Direct quotations:

If you use a direct quotation or image in your paper you must say what page (if an article) or paragraph (if a web site) the quotation came from.

Ex. (Cheek & Buss, 1981, p. 332)

Ex. (Myers, 2000, ¶ 5)

Reference List basic format:

- Always double-space your reference list!
- Always indent the second and subsequent lines of a citation!
- Always arrange your reference list by the author's last name!
- Only use the first and middle initials of the author's name, do not type out the full name!
- If the article or book has multiple authors, you must list all of them up to 7!
- Use the & symbol before the last author's name, do not type out the word and!
- Always italicize the journal or magazine title and the volume number!
- Always italicize the book title.
- Only capitalize the first word, first word of a subtitle, or proper nouns in an article or book title.
- Make sure you know the format of the item you are citing (print or electronic).
- Do not include retrieval dates unless the source material may change over time (Wikis).

Some important information & changes in the 6th edition:

- ✓ There should be 2 spaces after periods that end a sentence in the body of the paper.
- ✓ The number of authors that must be listed on the references page is now 7 and you no longer use et al. on the references page.
- ✓ The preferred font is Times New Roman 12pt.
- ✓ The paper should be double-spaced.
- ✓ There should be 1-inch margins on all sides of the document.
- ✓ The method and level of headings is simplified in the new edition.
- ✓ Both the page number and running head should be located in the header of the paper so it appears on each page.

References

- Chamberlin, J., Novotney, A. Packard, E., & Price, M. (2008, May). Enhancing worker well-being: Occupational health psychologists convene to share their research on work, stress, and health. *Monitor on Psychology*, 39(5), 26-29.
- Hager, M. H. (2007). Therapeutic diet order writing: Current issues and considerations. *Topics in Clinical Nutrition*, 22(1), 28-36. Retrieved from <http://www.topicsinclinicalnutrition.com>
- Herbst-Damm, K. L., & Kulik, J. A. (2005). Volunteer support, marital status, and the survival times of terminally ill patients. *Health Psychology*, 24, 225-229. doi:10.1037/0278-6133.24.2.225
- Kernis, M. H. (1993). There's more to self-esteem than whether it is high or low: The importance of stability of self-esteem. *Journal of Personality and Social Psychology*, 65, 1190-1204.
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- Norton, R. (2006, November 4). How to train a cat to operate a light switch [Video file]. Retrieved from <https://www.youtube.com/watch?v=Vja83KLQXZs>
- O'Neil, J. M., & Egan, J. (1992). Men's and women's gender role journeys: Metaphor for healing, transition, and transformation. In B. R. Wainrib (Ed.), *Gender issues across the life cycle* (pp.107-123). New York, NY: Springer.
- Robinson, D. N. (1992). *Social discourse and moral judgment*. San Diego, CA: Academic Press.
- Schiraldi, G. R. (2001). *The post-traumatic stress disorder sourcebook: A guide to healing, recovery, and growth*. doi: 10.1036/0071393722
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- Shotton, M. A. (1989). *Computer addiction? A study of computer dependency*. Retrieved from <http://www.ebookstore.tandf.co.uk/html/index.asp>

- Stultz, J. (2006). Integrating exposure therapy and analytic therapy in trauma treatment. *American Journal of Orthopsychiatry*, 76, 482-488. doi: 10.1037/0002-9432.76.4.482
- U.S. General Accounting Office. (1997, February). *Telemedicine: Federal strategy is needed to guide investments*. Retrieved from http://www.access.gpo.gov/su_docs/aces/aces160.shtml?/gao/index.html
- Van Nuys, D. (Producer). (2007, December 19). *Shrink rap radio* [Audio podcast]. Retrieved from <https://www.shrinkrapradio.com/>

This sheet is only a sample of basic APA formatting, if you have questions please check the ***Publication manual of the American Psychological Association, 6th ed.*** which is at the Reference Desk (BF 76.7 P83 2010) or ask a reference librarian.